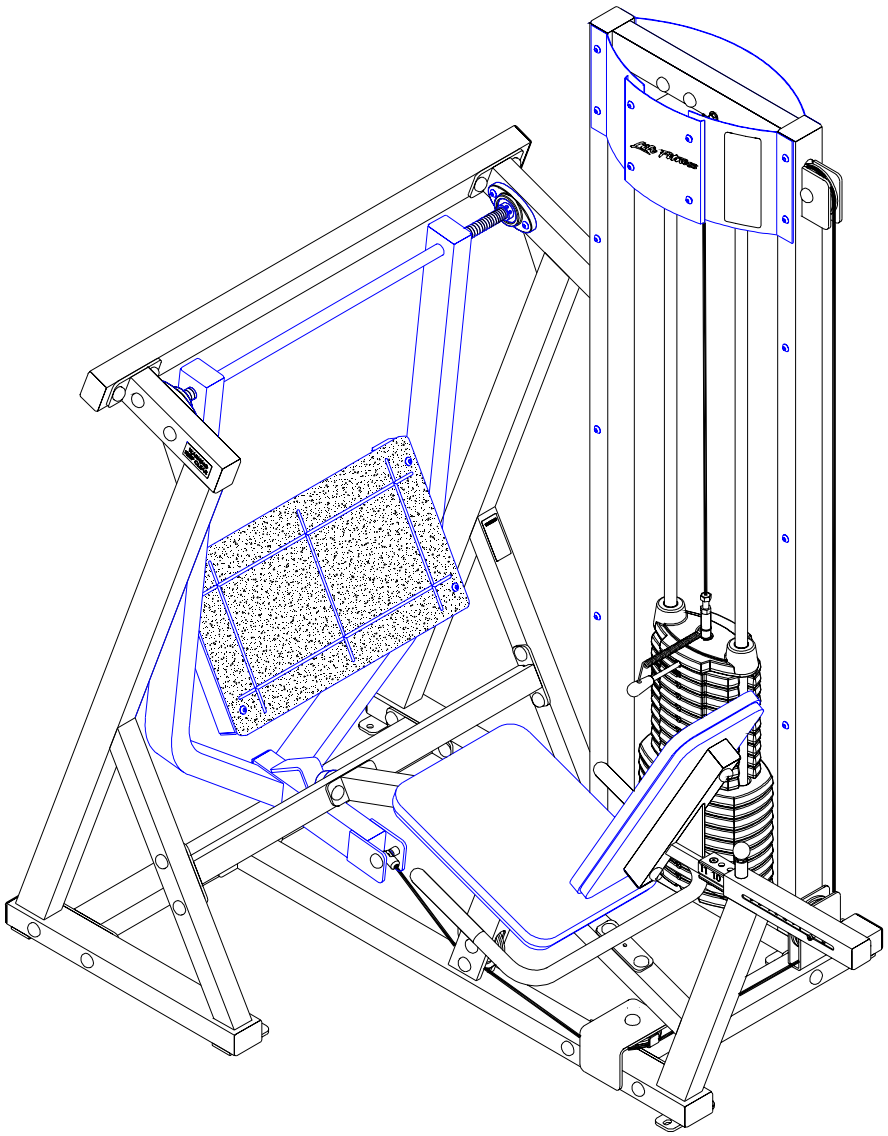
LifeFitness

CLUB SERIES LEG PRESS



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	69361xx	TOWER	1
1A	6937301	CABLE	1
1B	6793001	PRODUCT WARNING LABEL	1
1C	3102933	3/8-16 X 2 BOLT	1
1D	6692601	3 X 2 END CAP	3
1E	6925801	KEEP CLEAR LABEL	1
1F	6714901	GUIDE ROD BUSHING	2
1G	3222801	4.5" PULLEY	2
1H	3102807	3/8 NYLOCK NUT LOW HT	2
1I	6866701	3/8 RH WASHER	2
1J	6866601	CAP, RH-20 BLK	2
1K	3102903	3/8-16 X 2.5 BOLT	1
1M	3102514	3/8 FLAT WASHER	2
1N	6480301	3/8 SPACER	2
2	69328xx	ASSY PIVOT ARM SUPPORT	1
3	69325xx	ASSY HANDLE	1
3A	3103110	GRIP	2
4	69334xx	ASSY TOP CROSS SUPPORT	1
5	69339xx	FRONT CROSS SUPPORT	1
6	69322xx	ASSY CROSS SUPPORT REAR	1
7	69343xx	PIVOT ARM	1
7A	6939801	COATED FOOT BOARD	1
8	68839xx	GUIDE ROD SUPPORT	1
9	69352xx	SEAT FRAME	1
9A	6931802	BACK PAD SPPT BLK	1
9B	6941501	1-11 ADJ PLATE	1
9C	6929701	13.5 ADJ PLATE	1
9D	3234301	SCREW	4
9E	6405201	2 SQ END CAP	2
9F	3222801	PULLEY	1
9G	6412001	SPRING PULL PIN	1
10	69337xx	ASSY 48" TUBE	1
11	6926801	GUIDE ROD	2
12	6923602	HEAD PLATE	1
13	3102924	3/8 X 1-3/4" BOLT	1

KEY	PART #	DESCRIPTION	QTY
14	3102903	3/8 X 2-1/2" BOLT	3
15	3102922	3/8 X 2-3/4" BOLT	16
16	3102904	3/8 X 3" BOLT	1
17	3102905	3/8 X 3-3/4" BOLT	10
18	3202404	3/8 X 3" BUTTON HEAD BOLT	4
19	3102807	3/8" LOW HEIGHT LOCK NUT	31
20	6866601	BLACK RH CAP	2
21	3102504	3/8" SAE WASHER	52
22	6866701	3/8" RH WASHER	61
23	6912801	2" ACCORDIAN SLEEVE	1
24	6912802	5-1/2" ACCORDIAN SLEEVE	1
25	3203501	PILLOW BLOCK	2
26	6913801	WEIGHT STACK SELECTOR PIN	1
27	3108001	WEIGHT STACK CUSHION	2
28	6866602	WHITE RH CAP	59
OR	6866603	PLATINUM RH CAP	59
29	3222001	1" SHAFT COLLAR	2
30	6714901	GUIDE ROD BUSHING	2
31	3222801	4-1/2" PULLEY	1
32	6122702	1/2" SPACER	2
33	6757701	CABLE CLIP	1
34	6941901	PLACARD LABEL	1
35	6942101	LANGUAGE PLACARD LABEL	1
36	6887202	10 LB. WEIGHT PLATE	10
37	6888402	15 LB. WEIGHT PLATE (20 OPT)	10
38	69307xx	BACK PAD	1
39	69306xx	SEAT PAD	1
40	3230701	STARLOCK WASHER	4
41	6957101	WEIGHT STACK LABEL	1
42	6922102	FULL REAR SHROUD	1
43	6862102	FRONT SIDE SHROUD BLK	2
44	6862007	FRONT SHROUD PLATINUM	1
*OPTION	6921702	ASSY FULL FRONT SHROUD	1

***For all 5 digit part numbers you need to add the color at the end. For shrouds and weldments please use the following codes:**

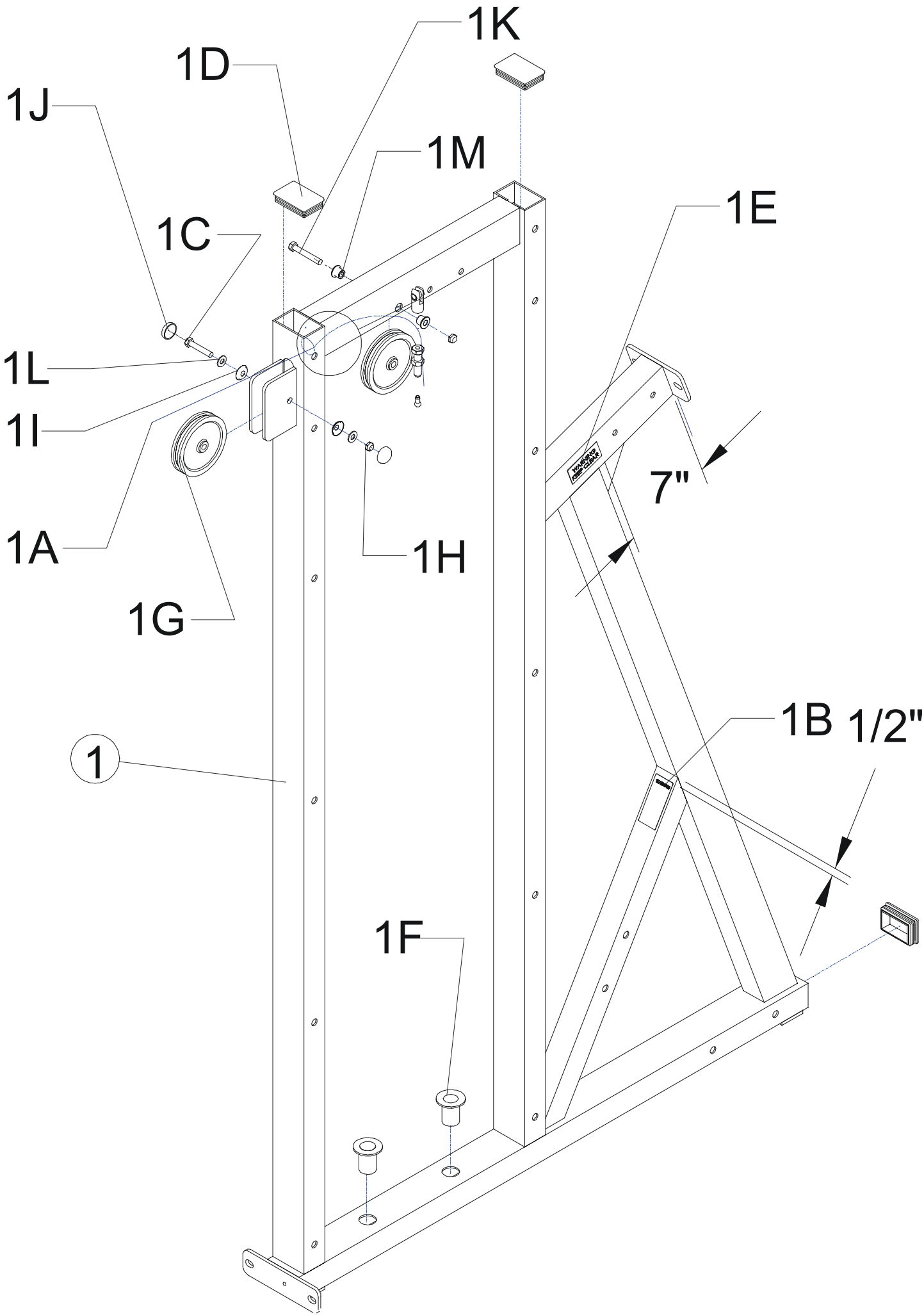
xxxxx07 Denotes Platinum

xxxxx08 Denotes White

****Language placard kit comes with Dutch, French, German, Poruguese, Spanish, Japaneese, and Italian.**

***For upholstery, please use the following codes:**

#02 ROYAL BLUE
#03 SLATE
#04 CRANBERRY
#05 NORTHWOODS
#06 SPACE BLUE
#07 AMERICAN BEAUTY RED
#08 SUEDE
#12 BLACK
#13 HUNTER GREEN
#14 REGIMENTAL BLUE
#15 GINGERSNAP
#16 CONCORD
#17 URQUOISE
#18 RASPBERRY
#19 CROCUS


1K
1D
1J
1M
1E
1C
1L
1I
7"
1A
1H
1G
1B
1/2"
1
1F

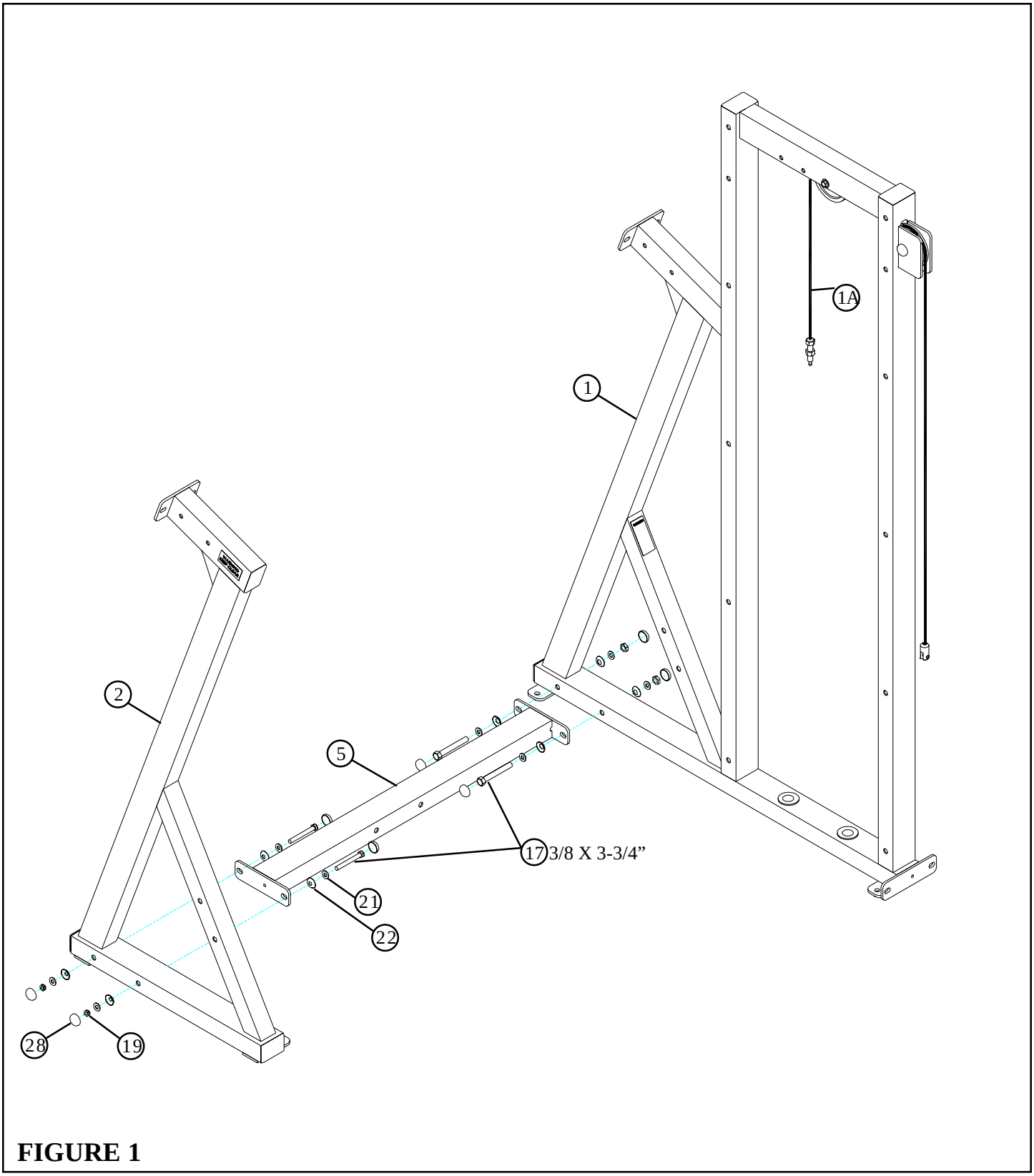
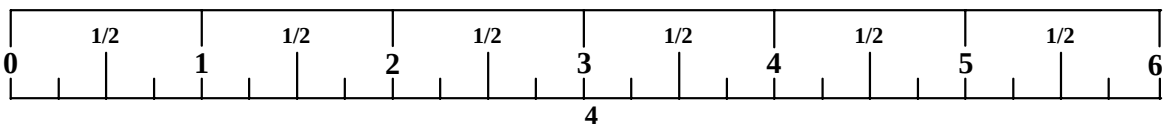


FIGURE 1

STEP 1:

- **LOOSELY** assemble the FRONT CROSS SUPPORT (5) to the TOWER (1) and the PIVOT ARM SUPPORT (2) using eight RH CAPS (28), four 3/8 X 3-3/4” BOLTS (17), eight 3/8” SAE WASHERS (21), eight 3/8” RH WASHERS (22) and four 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 1.



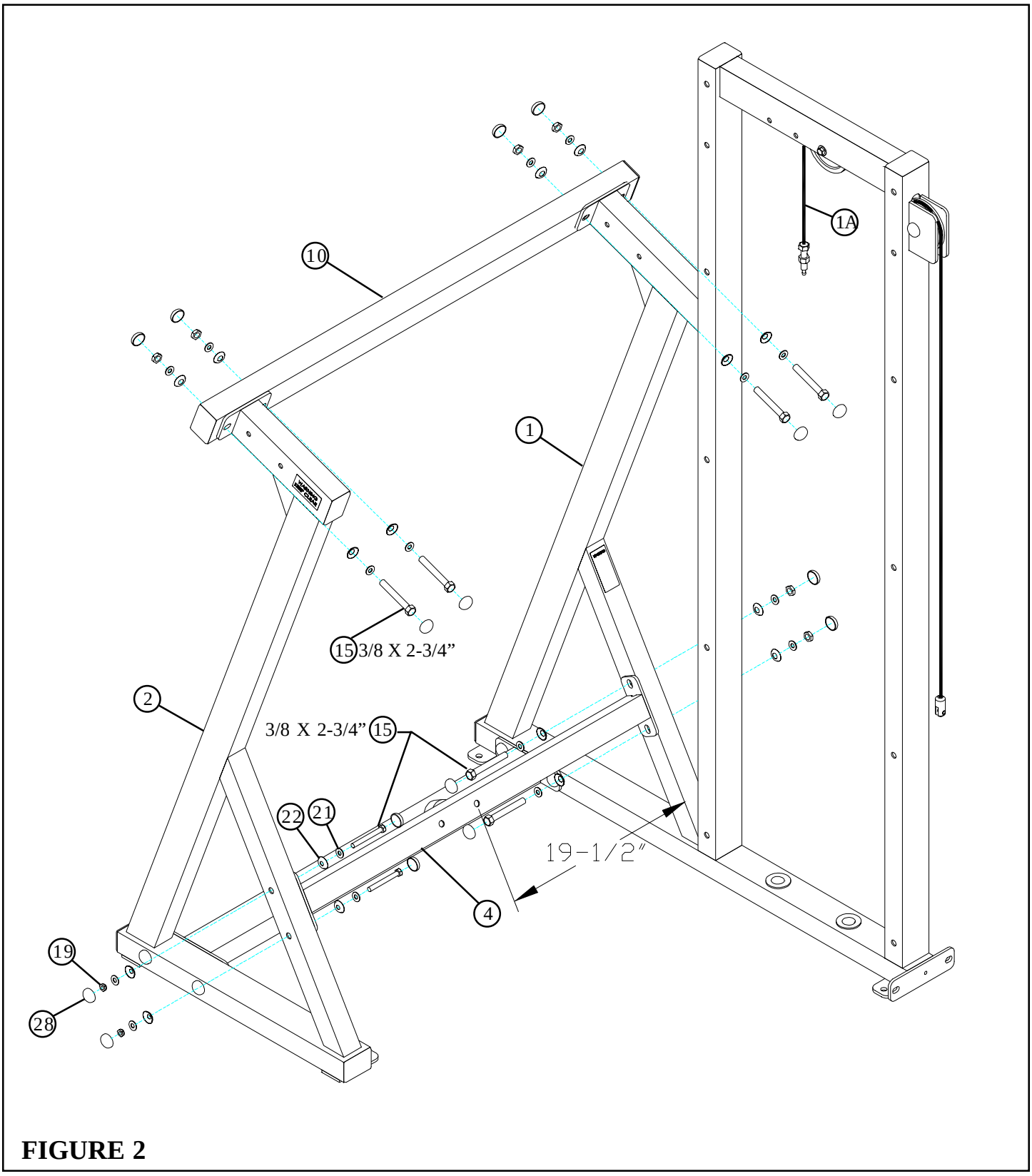


FIGURE 2

STEP 2:

- **LOOSELY** assemble the TOP CROSS SUPPORT (4) to the TOWER (1) and the PIVOT ARM SUPPORT (2) using eight RH CAPS (28), four 3/8 X 2-3/4” BOLTS (15), eight 3/8” SAE WASHERS (21), eight 3/8” RH WASHERS (22) and four 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 2. **(NOTE HOLE LOCATION BEFORE ASSEMBLY)**

- **LOOSELY** assemble the 48” TUBE (10) to the TOWER (1) and the PIVOT ARM SUPPORT (2) using eight RH CAPS (28), four 3/8 X 2-3/4” BOLTS (15), eight 3/8” SAE WASHERS (21), eight 3/8” RH WASHERS (22) and four 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 2.

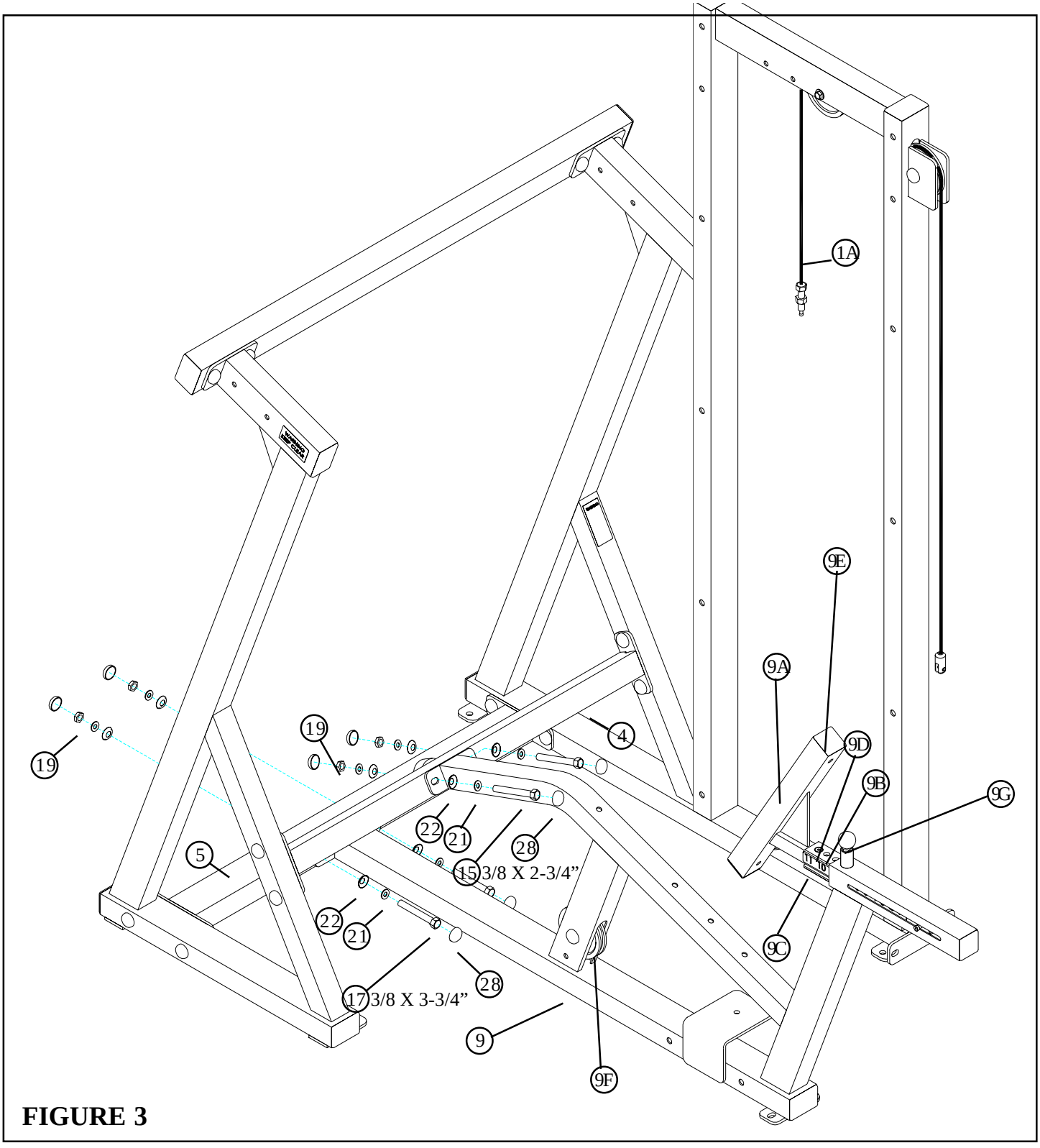
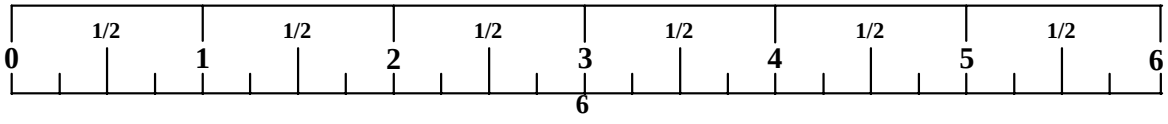


FIGURE 3

STEP 3:

- **LOOSELY** assemble the SEAT FRAME (9) to the FRONT CROSS SUPPORT (5) using four RH CAPS (28), two 3/8 X 3-3/4” BOLTS (17), four 3/8” SAE WASHERS (21), four 3/8” RH WASHERS (22) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 3.

- **LOOSELY** assemble the SEAT FRAME (9) to the TOP CROSS SUPPORT (4) using four RH CAPS (28), two 3/8 X 2-3/4” BOLTS (15), four 3/8” SAE WASHERS (21), four 3/8” RH WASHERS (22) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 3.



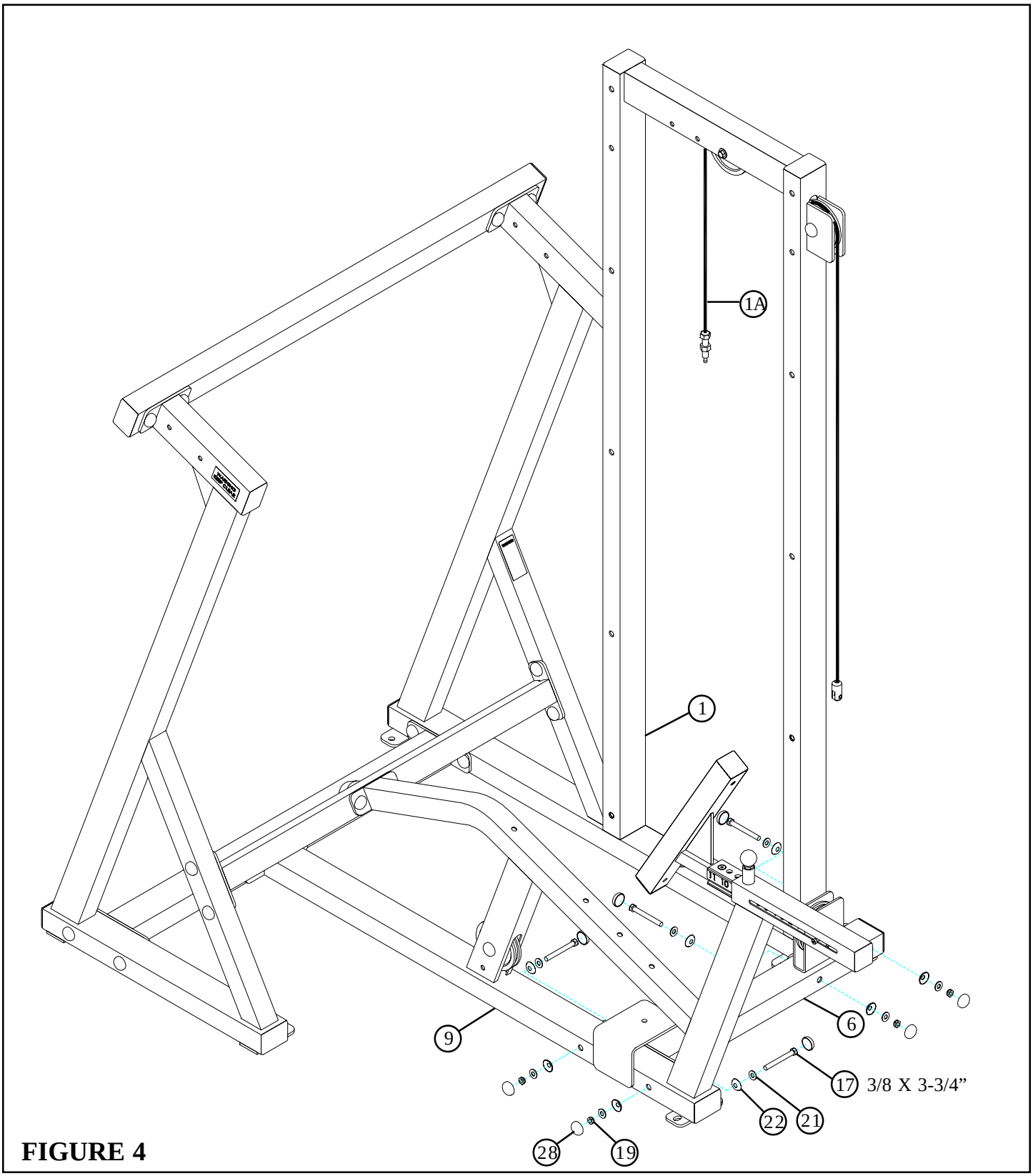


FIGURE 4

STEP 4:

- **LOOSELY** assemble the REAR CROSS SUPPORT (6) to the TOWER (1) and the SEAT FRAME (9) using eight RH CAPS (28), four 3/8 X 3-3/4” BOLTS (17), eight 3/8” SAE WASHERS (21), eight 3/8” RH WASHERS (22) and four 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 4.

- **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (28) over the RH WASHERS (22) on all tightened connections.**

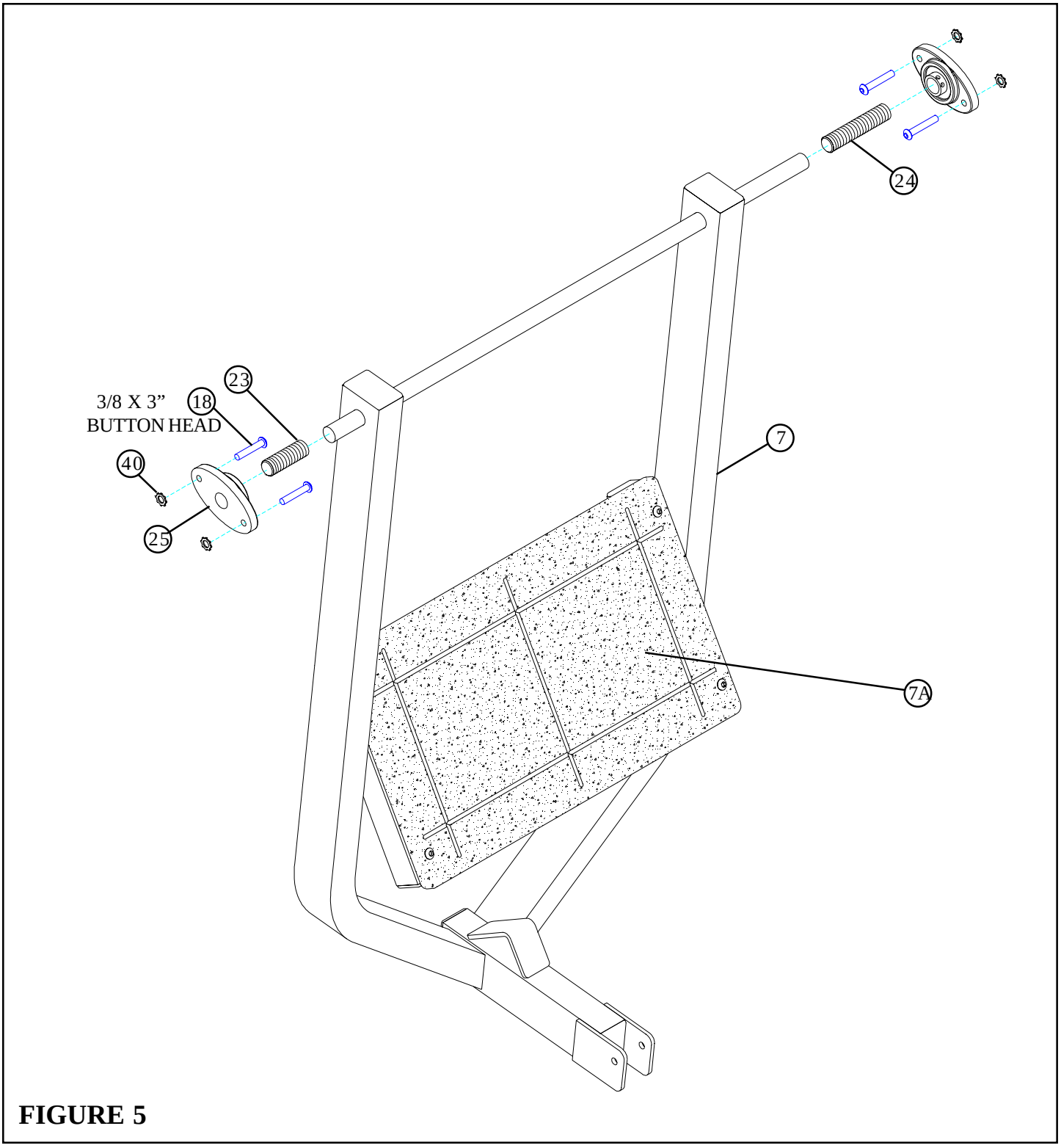
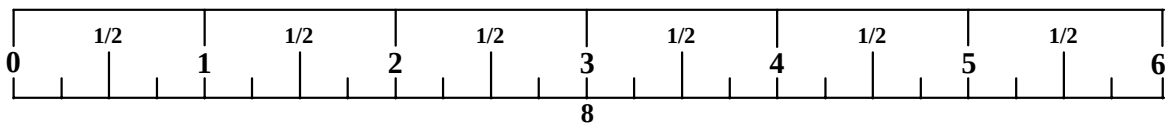


FIGURE 5

STEP 5:

- Slide one 2" ACCORDIAN SLEEVE (23), one 5-1/2" ACCORDIAN SLEEVE (24) and two PILLOW BLOCKS (25) over the shafts on the PIVOT ARM (7) as shown in FIGURE 5.
- Assemble four 3/8 X 3" BUTTON HEAD CAP SCREWS (18) and four STARLOCK WASHERS (40) to the the PILLOW BLOCKS (25) as shown in FIGURE 5.



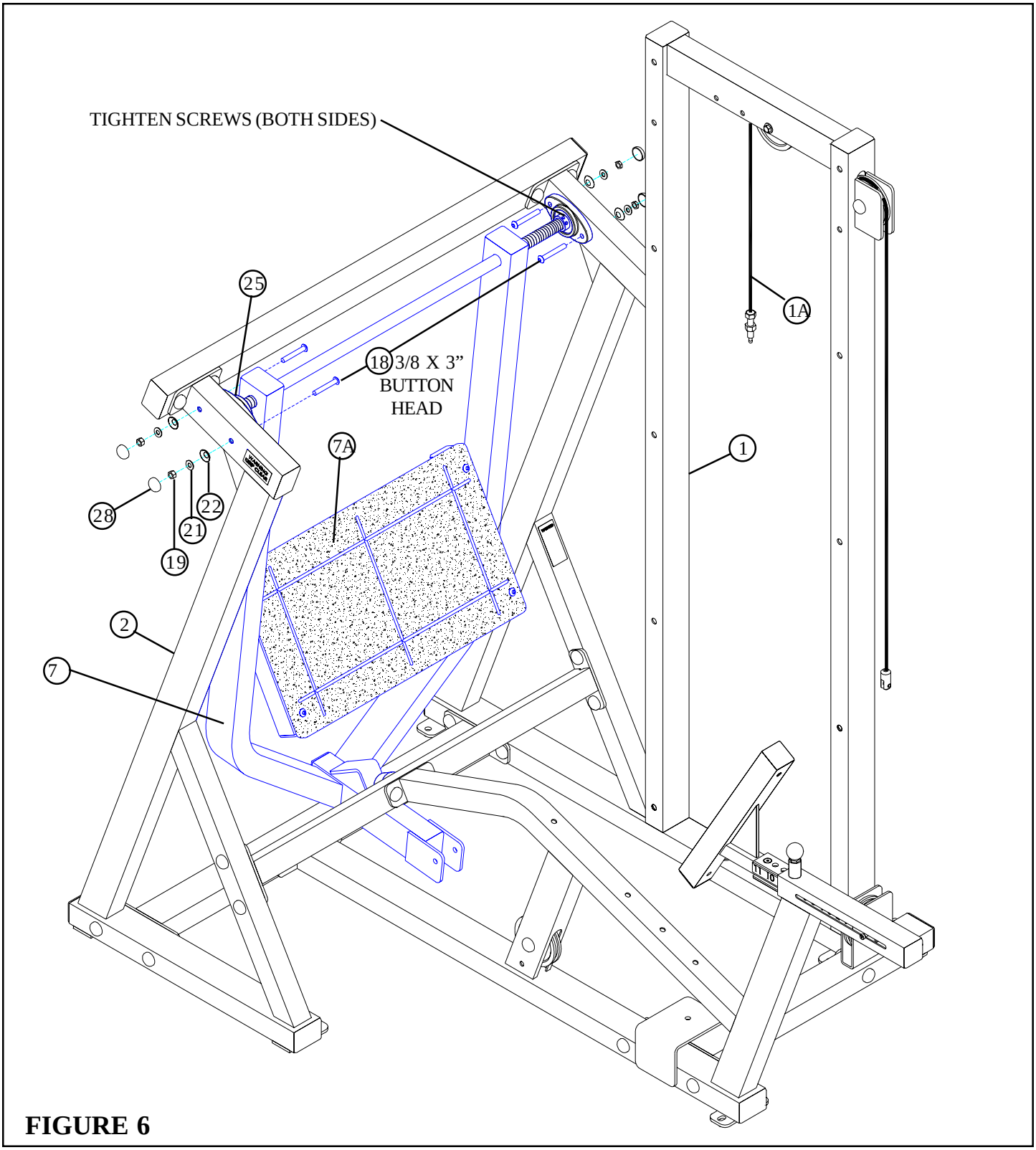


FIGURE 6

STEP 6:

- **SECURELY** assemble the PILLOW BLOCKS (25) on the PIVOT ARM (7) to the TOWER (1) and the PIVOT ARM SUPPORT (2) using four previosly inserted 3/8 X 3" BUTTON HEAD CAP SCREWS (18), four 3/8" SAE WASHERS (21), four RH WASHERS (22), four 3/8" LOW HEIGHT LOCK NUTS (19) and four RH CAPS (28) as shown in FIGURE 6
- **IMPORTANT!** When PIVOT ARM (7) is centered and level in the PILLOW BLOCKS (25), tighten the PILLOW BLOCK set screws.

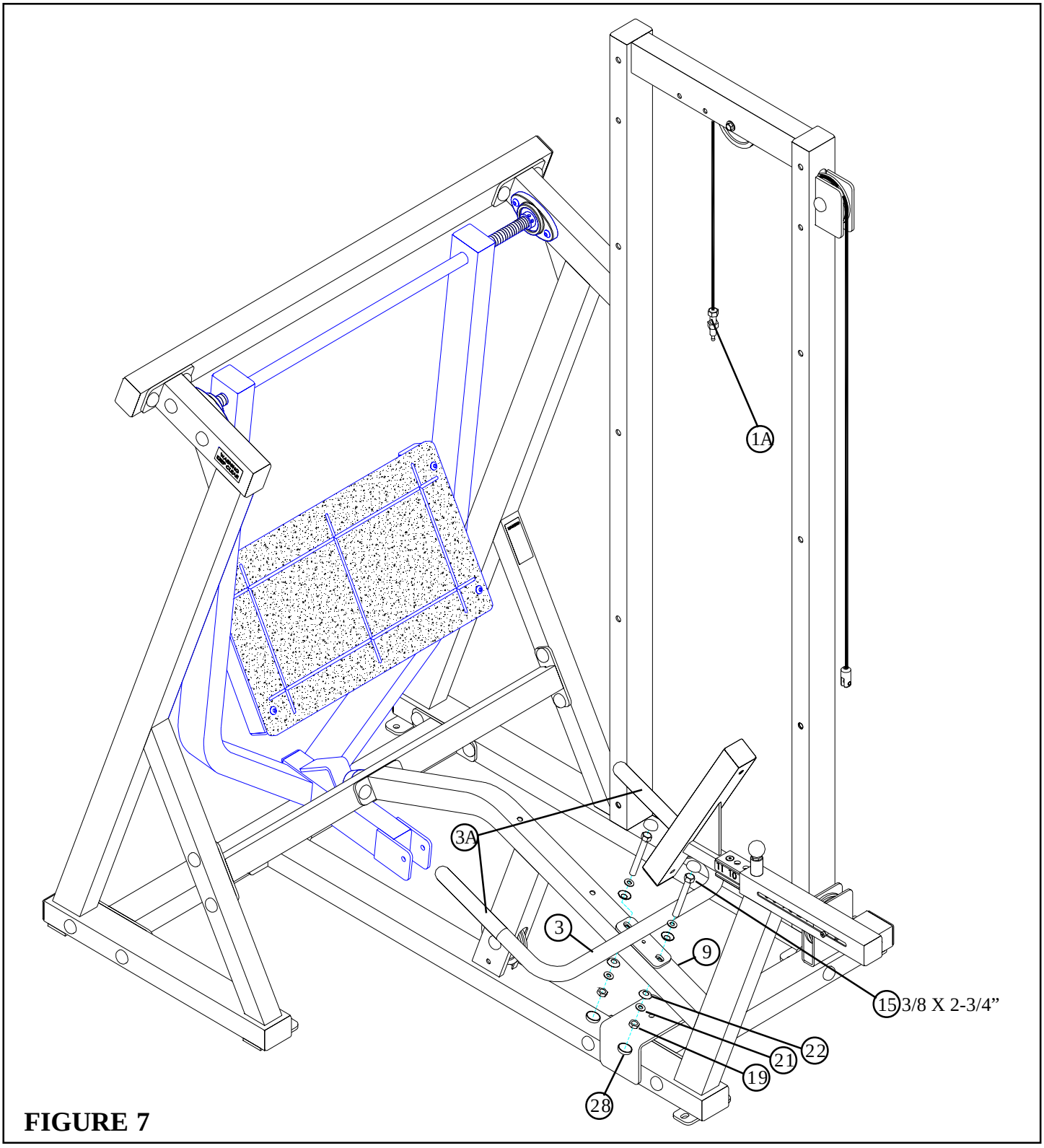


FIGURE 7

STEP 7:

- **SECURELY** assemble the HANDLE (3) to the SEAT FRAME (9) using two 3/8 X 2-3/4” BOLTS (15), four 3/8” SAE WASHERS (21), four RH WASHERS (22), two 3/8” LOW HEIGHT LOCK NUTS (19) and four RH CAPS (28) as shown in FIGURE 7

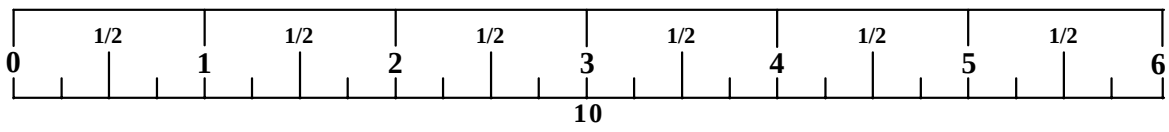
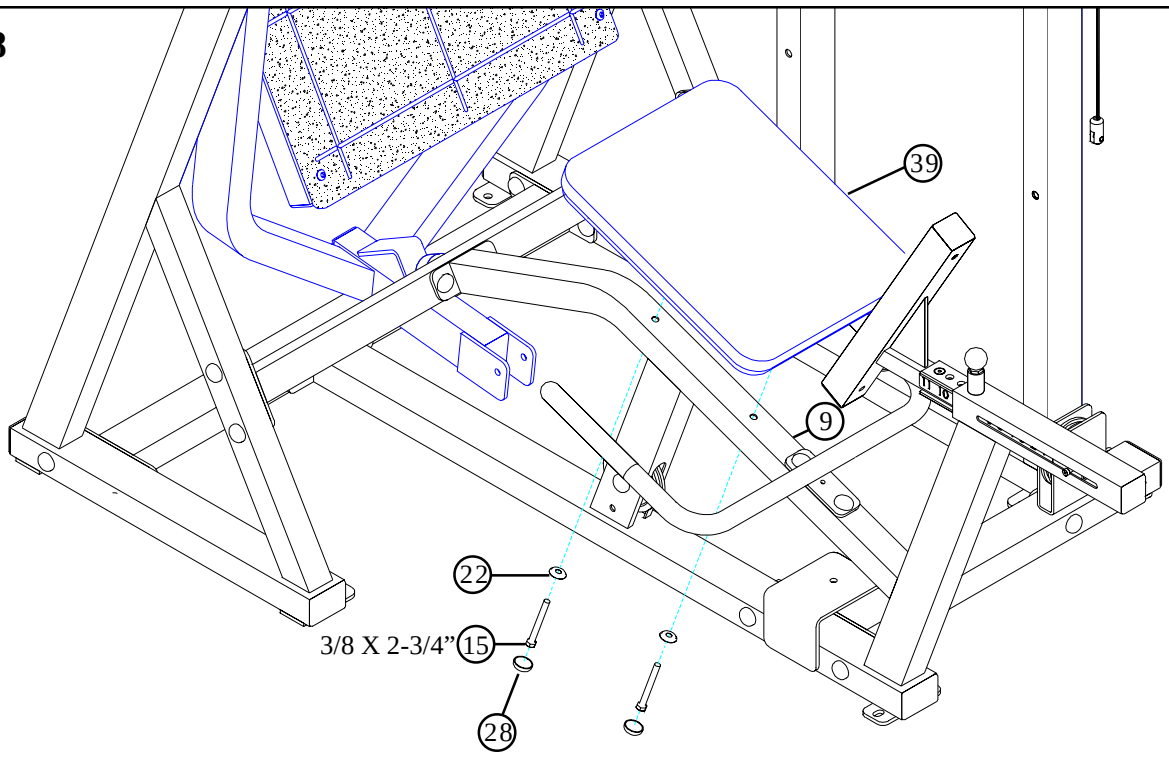


FIGURE 8



STEP 8:

- **SECURELY** assemble the SEAT PAD (39) to the SEAT FRAME (9) using two RH CAPS (28), two 3/8 X 2-3/4” BOLTS (15) and two 3/8” RH WASHERS (22) as shown in FIGURE 8.

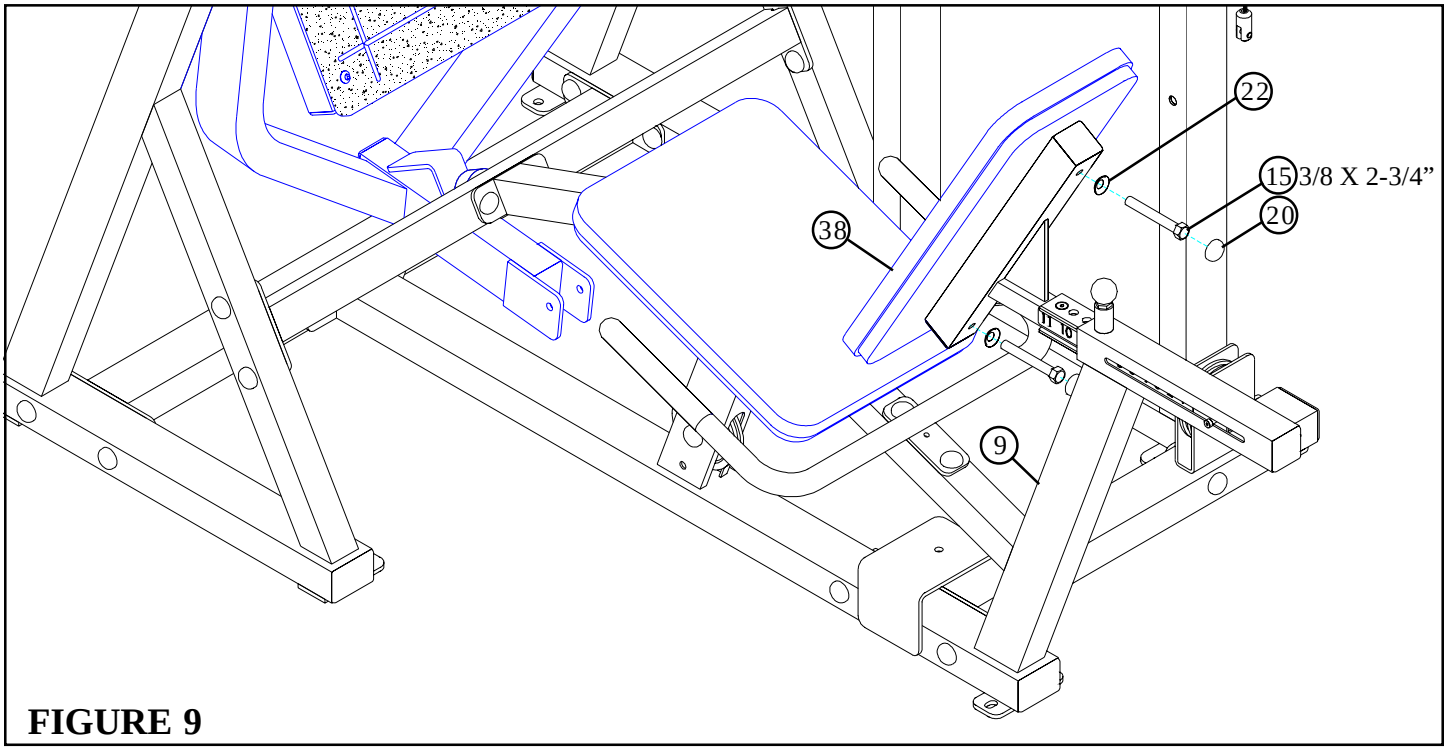
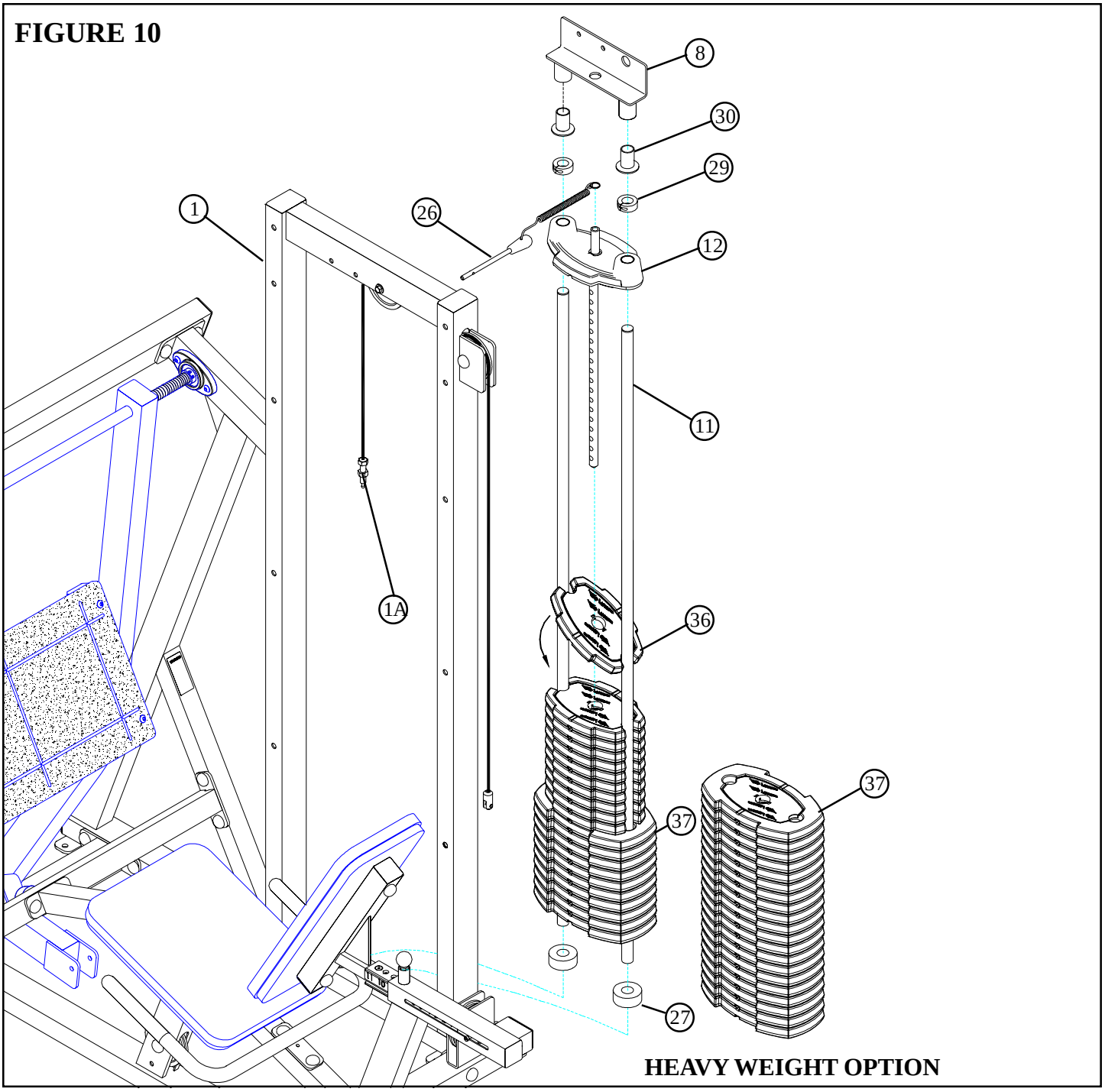


FIGURE 9

STEP 9:

- **SECURELY** assemble the BACK PAD (38) to the SEAT FRAME (9) using two BLACK RH CAPS (20), two 3/8 X 2-3/4” BOLTS (15) and two 3/8” RH WASHERS (22) as shown in FIGURE 9.

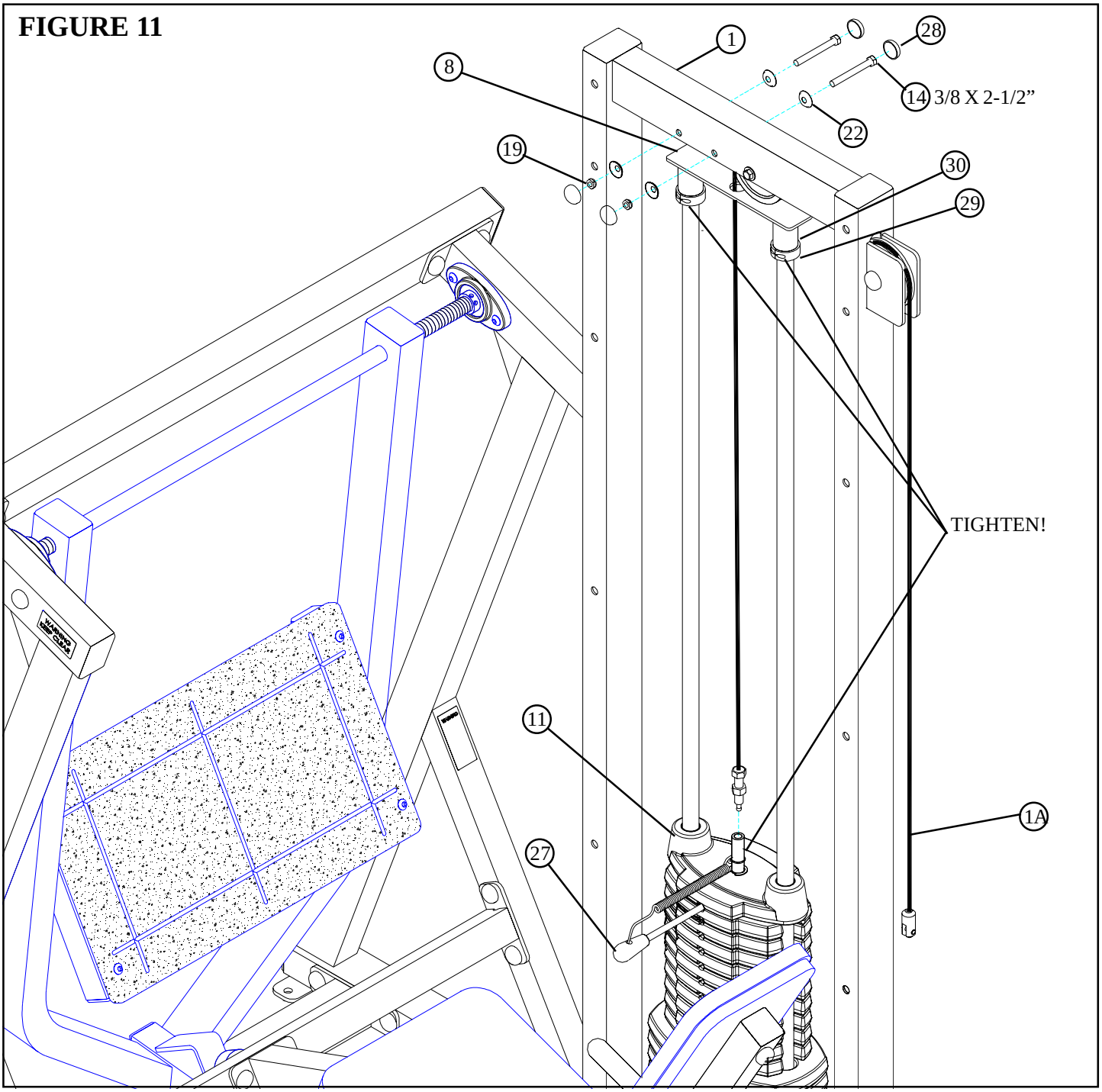
FIGURE 10



STEP 10:

- Insert the two GUIDE RODS (11) (found in SHROUD KIT box) into the base of the TOWER (1) as shown in FIGURE 10. Lubricate the GUIDE RODS (11) with a slicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (27) down over the GUIDE RODS (11). See FIGURE 10.
- Using **EXTREME CARE** slide ten 15 LB. WEIGHT PLATES (37) and ten 10 LB. WEIGHT PLATES (36) over the GUIDE RODS (11) as shown in FIGURE 10.**(NOTE: If HEAVY WEIGHT OPTION is being used, slide twenty 15LB. WEIGHT PLATES (37) over the GUIDE RODS (11)**
- Carefully Slide the HEAD PLATE (12) down over the GUIDE RODS (11) onto the weight stack as shown in FIGURE 10.
- Slide one WEIGHT STACK SELECTOR PIN (26) over the shaft on the HEAD PLATE (12) as shown in FIGURE 10.
- Slide two 1" SHAFT COLLARS (29) over each GUIDE ROD (11) as shown in FIGURE 10.
- Slide two GUIDE ROD BUSHINGS (30) over each GUIDE ROD (11).
- Place the GUIDE ROD SUPPORT (8) over the GUIDE RODS (11) as shown in FIGURE 10.

FIGURE 11



STEP 11:

- **SECURELY** assemble the GUIDE ROD SUPPORT (8) to the TOWER (1) using four RH CAPS (28), two 3/8 X 2-1/2” BOLTS (14), four 3/8” RH WASHERS (22) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 11. **(NOTE: Be sure to route cable through the hole of the GUIDE ROD SUPPORT (8) before tightening.)**
- Slide GUIDE ROD BUSHINGS (30) into the tubes on the GUIDE ROD SUPPORT (8), slide 1” SHAFT COLLARS (29) underneath the GUIDE ROD BUSHINGS (30) and **SECURELY** tighten the set screws.
- Screw the treaded end of the CABLE half way into the end of the shaft on the HEAD PLATE (12) and tighten jam nut securely. See FIGURE 11
- Insert the WEIGHT STACK PIN (26) into the WEIGHT STACK as shown in FIGURE 11.

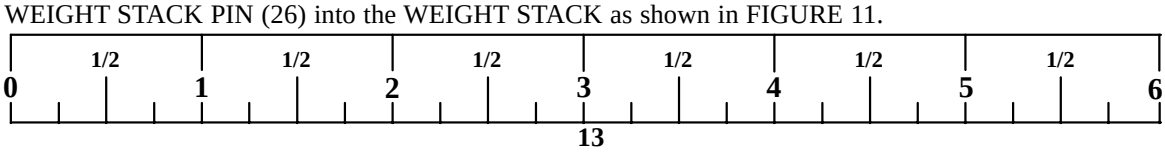
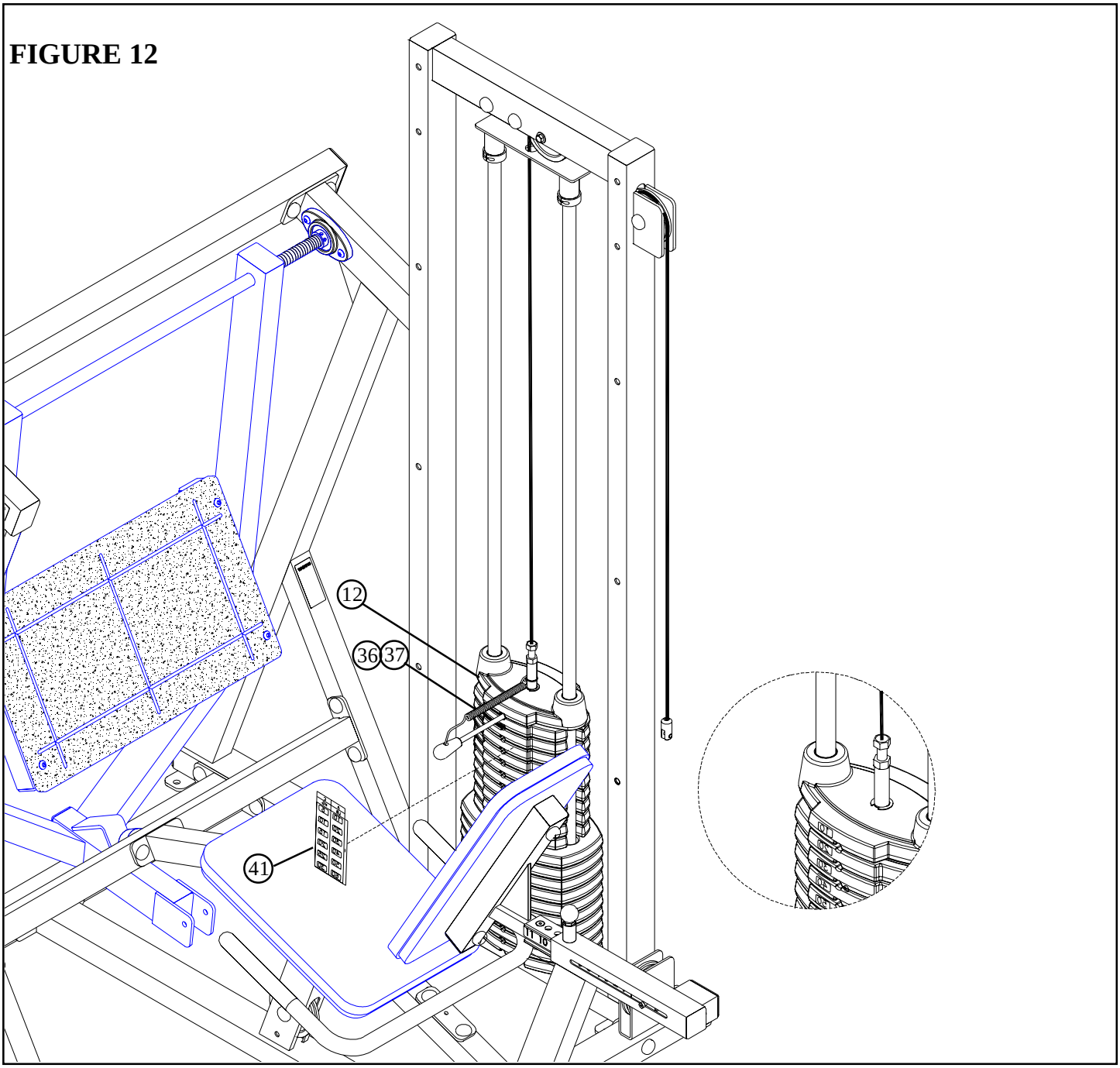


FIGURE 12



STEP 12:

• The WEIGHT STACK LABEL sheet (41) includes labels for both lbs. and kgs. for both the standard and optional weight stacks.

• Peel the backing off the WEIGHT STACK LABELS (41), line up sheet to the right of the selector opening and apply labels to the WEIGHT PLATES (36 or 37), starting with the HEAD PLATE (12) as shown in FIGURE 12.

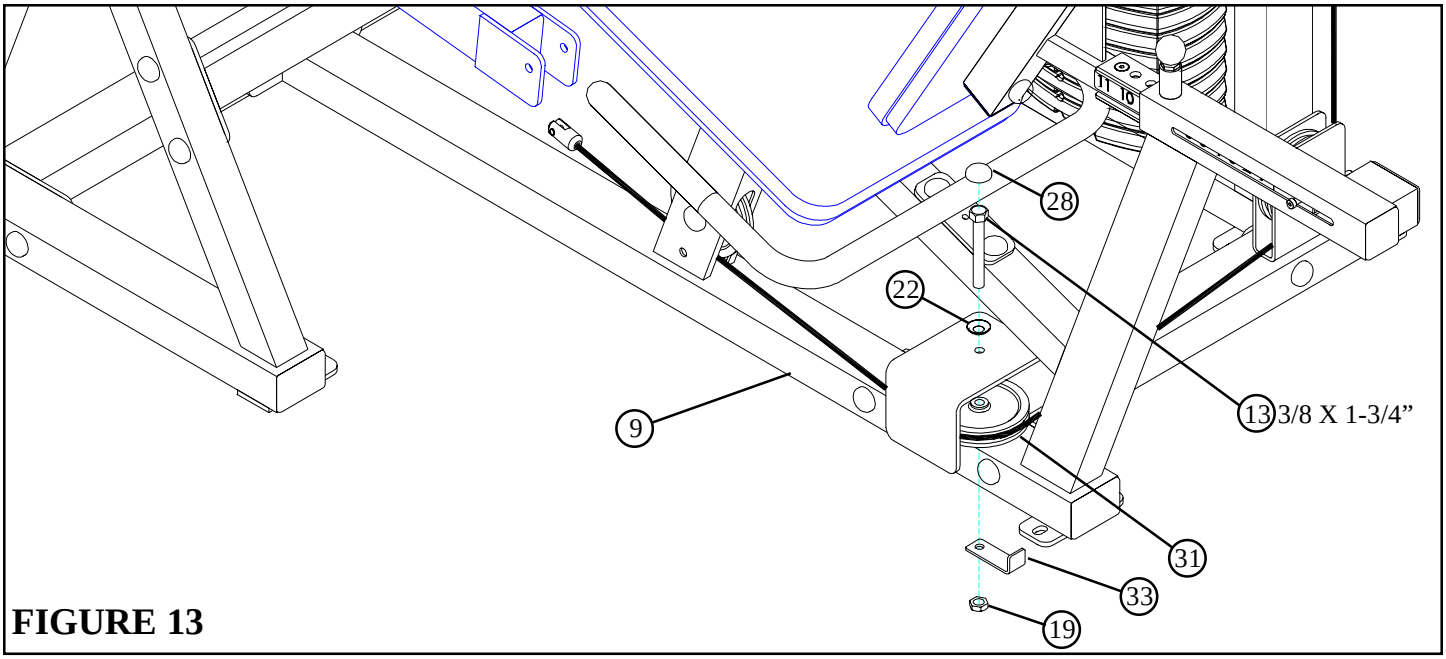


FIGURE 13

STEP 13:

- Carefully route the CABLE around the pulleys as shown. Make sure the CABLE is in the grooves of all the pulleys.
- **SECURELY** assemble the 4-1/2” PULLEY (31) to the horizontal pulley bracket on the SEAT FRAME (9) using one RH CAP (28), one 3/8 X 1-3/4” BOLTS (13), one 3/8” RH WASHER (22), one CABLE CLIP (33), and one 3/8” LOW HEIGHT LOCK NUT (19).as shown in FIGURE 13.**(Note position of CABLE CLIP (33)**

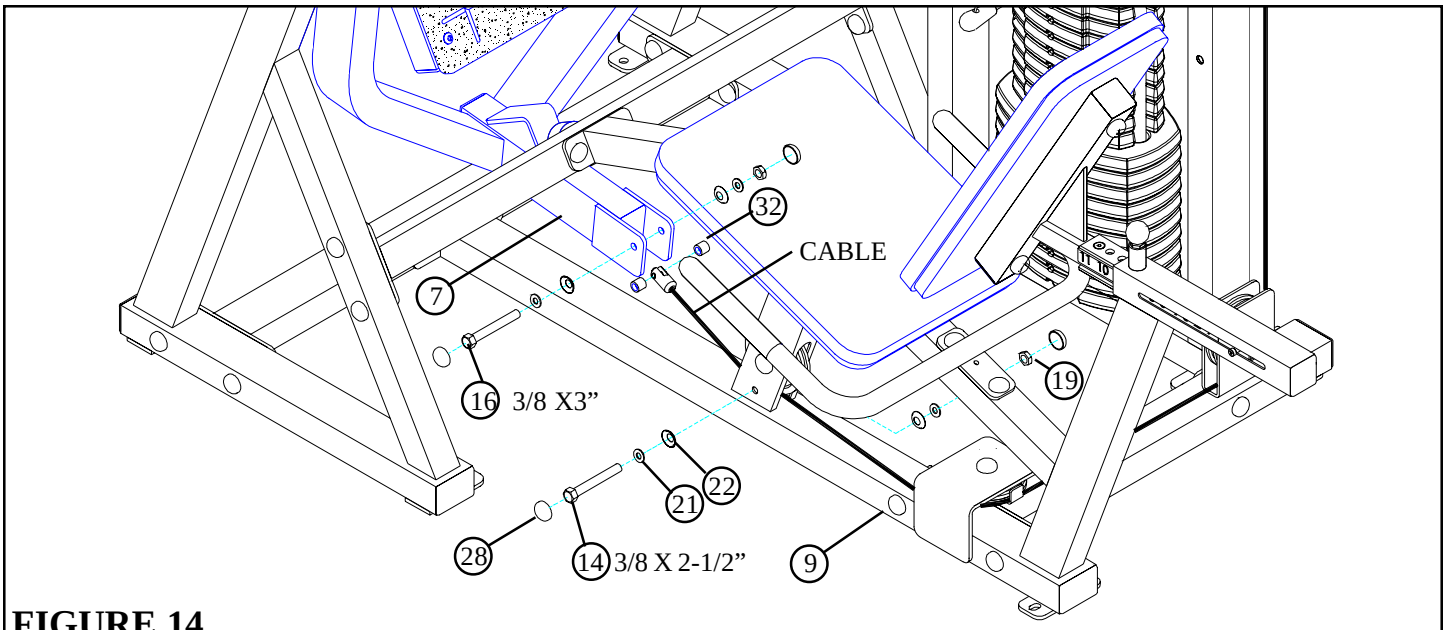
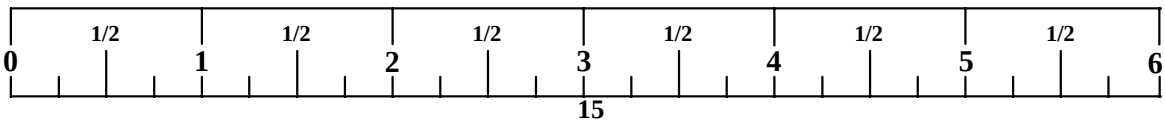


FIGURE 14

STEP 14:

- **SECURELY** assemble one 3/8 X 2-1/2” BOLT (14), two RH CAPS (28), two 3/8” RH WASHERS (22), two 3/8” SAE WASHERS (21) and one 3/8” LOW HEIGHT LOCK NUT (19) to the SEAT FRAME (9) as shown in FIGURE 14. **(NOTE: Make sure CABLE runs over the retaining bolt.)**
- **SECURELY** assemble the swivel end of the CABLE to the PIVOT ARM (7) using one 3/8 X 3” BOLT (16), two RH CAPS (28), two 3/8” RH WASHERS (22), two 3/8” SAE WASHERS (21), two 1/2” SPACERS (32) and one 3/8” LOW HEIGHT LOCK NUT (19). **(NOTE: SECURELY tighten, then back nut off 1/4 turn)**
- **REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS.**



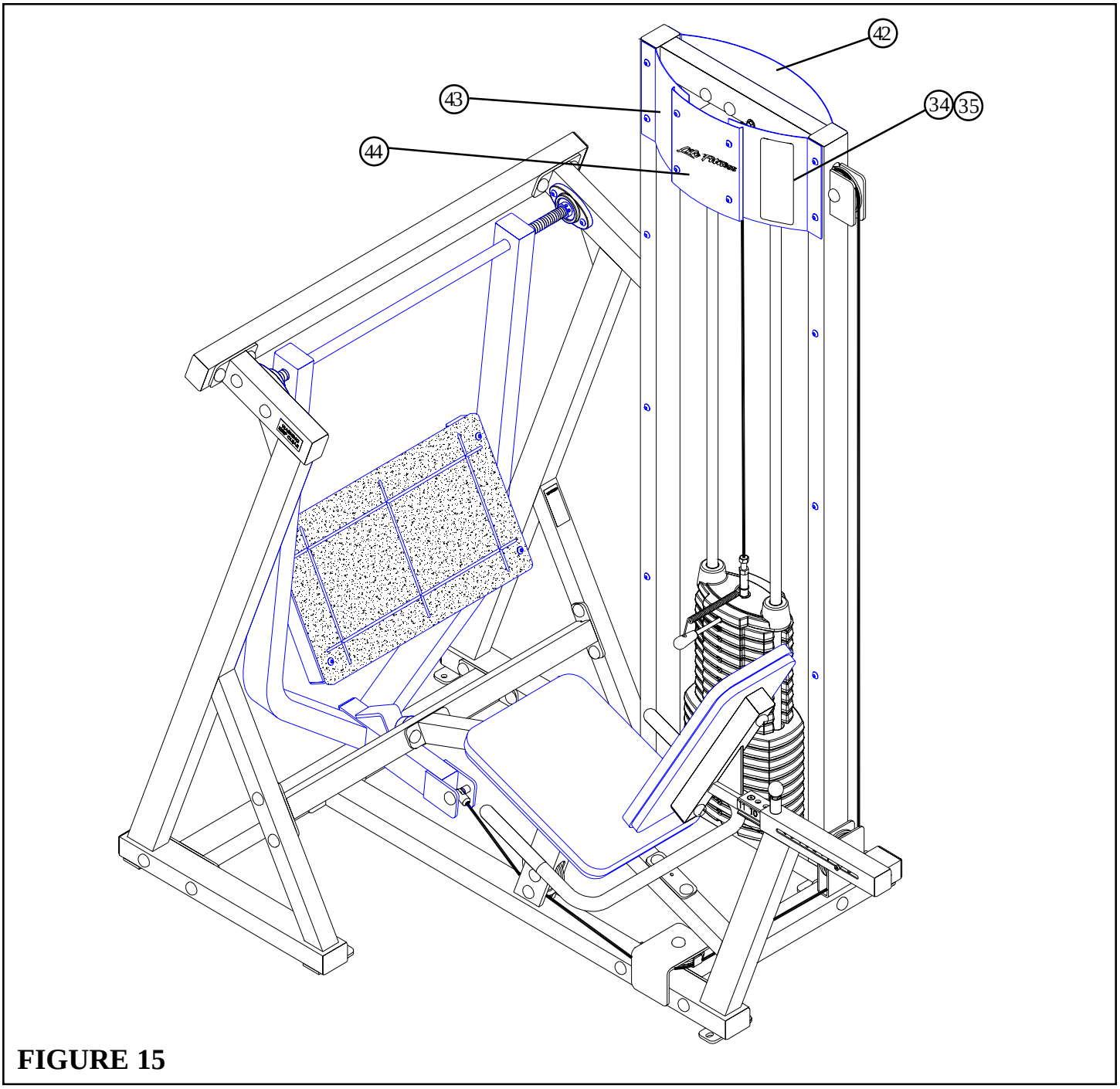


FIGURE 15

STEP 15:

- Assemble the PLACARD LABEL (34) or the LANGUAGE ADDENDUM PLACARD LABEL (35) to the FRONT SHROUD as shown in FIGURE 15.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint purchased from your LifeFitness customer service representative at (800)351-3737

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES LEG PRESS. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.